

The

INTERCHANGE

Monthly Newsletter for State Employees Prepared by State Employees



Governor Daniels asks Hoosiers to get “INShape Indiana”

Governor Mitch Daniels is asking Hoosiers to get involved in a new state initiative that will help improve the health status of Indiana and improve individual fitness. On July 13th, he introduced INShape Indiana, a Web-based program that connects people with local services and events that will help them make healthy choices to improve their quality of life.

“Adopting a healthy lifestyle is good for you and good for Indiana,” said the governor during the launch of the program at the National Institute for Fitness and Health in Indianapolis. “Too many Hoosiers are losing years because they do not embrace healthy habits. And, health care costs in Indiana are among the highest in the country. Our rising cost of health insurance coverage, combined with lost productivity due to illness, has made Indiana a less desirable place to do business.”

According to statistics collected by the Department of Health, Indiana is the fourth most obese state, 26 percent of adult Hoosiers report no regular physical activity each day. In addition, 25 percent of Indiana adults smoke cigarettes.

“Millions of Hoosiers can help our economic comeback gain momentum by participating in INShape Indiana,” said Governor Daniels, who maintains an active workout schedule each week.

To join INShape Indiana, individuals and groups can log onto the Web site at www.inshape.IN.gov and register for free by answering a brief survey. Every two weeks, participants will receive an e-mail message, asking them to provide an update on their wellness progress.

The INShape Indiana Web site also serves as a clearinghouse for information on programs, activities, and events from throughout the state related to nutrition, physical activity, and smoking cessation.

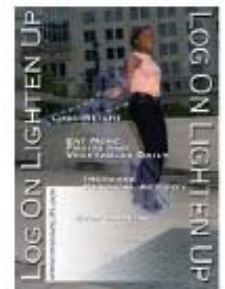
“The purpose of INShape Indiana is to empower individuals to adopt healthy behaviors and improve their quality of life,” said Dr. Judith A. Monroe, state health commissioner. “Ultimately, we want to celebrate the success of those who have made the commitment to a healthy lifestyle.”

A series of incentives, including free access to the Indiana State Parks, ice skating at the Indiana State Fairgrounds, discounts on produce at Marsh, and a number of recognition ceremonies, will be used to provide motivation. Recognition programs may include such opportunities as most participants from a community or most fit business.



Daniels also announced that Indiana basketball legend George McGinnis will serve as chair of the Governor’s Council for Physical Fitness and Sports, and Lyn St. James will be the vice chair. Colts quarterback Peyton Manning will serve as the honorary chair.

INShape Indiana will be administered through the Governor’s Council for Physical Fitness and Sports at the Indiana State Department of Health. For more information on INShape Indiana, log onto the Web site at www.inshape.IN.gov or contact the Governor’s Council at (317) 233-7671.



Accept the Challenge!

Governor Daniels' *INShape Indiana* program aims to connect Hoosiers to the existing programs, services, and events that are offered by many fine organizations and agencies in Indiana. As a method to capture the success you will experience when you make the commitment to a healthier lifestyle, *INShape Indiana* allows you to register online as a participant in the initiative.

Once you have registered, you will be able to update a brief health profile every two weeks. Over time the success you have in your fitness quest will be recorded in this profile. Together Indiana will improve the amount and quality of physical activity in which Hoosiers engage, increase the level of fruit and vegetable consumption, decrease the use of tobacco, and lower the average weight of those who have made a commitment.

You will have the opportunity to create and join groups to motivate your friends, family, and coworkers to accompany you on your journey to better health. Governor Daniels hopes to identify Indiana's most fit organizations to be recognized at a special celebration. Some of the categories of most fit organizations are listed on the *INShape Indiana* website at www.inshape.IN.gov.

A Message from Governor Daniels



STATE OF INDIANA
OFFICE OF THE GOVERNOR
State House, Second Floor
Indianapolis, Indiana 46204

Mitchell E. Daniels, Jr.
Governor

Dear fellow state employee:

For your own sake and for Indiana's sake, I hope you'll help me with an important new initiative. Through *INShape Indiana*, we are embarking on an effort to encourage every Hoosier to eat better, be more active, and stop smoking so we can all live longer, happier lives.

Indiana is not a healthy state. It is the fourth most obese state, with 26 percent of adult Hoosiers reporting no regular physical activity and nearly 78 percent consuming less than five servings of fruits and vegetables each day. Also, nearly 1.2 million Indiana adults smoke cigarettes, well above the national average.

As individuals, this too often costs Hoosiers years and quality life. Collectively, our unhealthy status costs us jobs and income as it translates into high healthcare costs and insurance premiums. Indiana is the 4th highest for healthcare costs in America, according to the Hewitt Associates Health Value Report.

Today I invite every state employee to join *INShape Indiana* and help us to move our state forward by committing to healthy choices. I know that by working together, we can make Indiana a healthier state tomorrow.

So please take a moment to log on to www.inshape.IN.gov and register for free for this great new program, which will be run by the Governor's Council for Physical Fitness and Sports. A variety of exciting incentives will be offered to reward those who help Indiana as they help themselves by improving their own wellness.

There is also a new series of smoking cessation classes for state employees starting on July 19. For a free packet on quitting smoking and information on classes, call the Indiana Tobacco Prevention and Cessation Agency at 1-866-515-LIFE, or visit their Web site at: www.itpc.IN.gov.

For more information on *INShape Indiana* or the Governor's Council, you can call the Indiana State Department of Health's Indiana Family Helpline at 1-800-433-0746.

Sincerely,

Mitch Daniels

LOG ON LIGHTEN UP

LOSE WEIGHT

EAT MORE FRUITS AND VEGETABLES DAILY

INCREASE PHYSICAL ACTIVITY

STOP SMOKING

IN SHAPE INDIANA
Governor Mitch Daniels

WWW.INSHAPE.IN.GOV